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The RAMBLER



Clinton River Riders Bicycle Club ***Access online at WWW.lmb.org/crr***

Our 2008 Blue Water Ramble will have a choice for an all American route. This to relieve the cyclists of the international crossing headaches. Final details on the route have yet to be determined, but the inclusion of a 25 mile course and choice to cross into Canada seem very workable. Please let your cycling club leadership know if there anything else to consider while plans are still flexible. We would like design considerations for shirts and application to be brought the March monthly meeting.

Several of our members of our club have departed for warmer temperatures and better riding conditions. Bike Florida is a popular choice that travel revolves around. For them and rest of us it is time to work in some conditioning to be better cyclists throughout 2008. A little preparation and attention now will pay great dividends to successful and pain free rides thru this riding season.

March Birthdays

3/02 Mary Mullings

03/07 Cathy Muhl

03/18 Phyllis
Mottershead

03/20 Gerald
Anderson

03/22 Scott Reader

03/26 Pennie Morauski

03/29 Susan Kinkela

03/30 Bill Duemling

Club members are entitled to purchase one club jersey per year at a reduced cost (\$34). Contact Dennis Prost at 248-931-7300 or email dmprost@strategicfnding.com to get yours today.

New Members:

None at February's meeting. Our next club meeting is March 10th. As always the 2nd Monday of the month at the Mt.Clemens Public Library. 7 pm downstairs.

HIKING Saturday's at 9:00am. We will hike every Sat for 1 - 2 hours at a brisk pace through the mountain biking trails at Stony Creek Metro park. Recommend hiking boots, please bring a water bottle, tissues, chap stick and a snack. The trails protect you from the wind. There is an optional lunch stop afterward. For beginners please join us. We will walk you back to your car at any time, example if you only want to walk 30 min. Any questions or if weather issues please contact Catherine Serra catherineserra@yahoo.com or 248-495-1630.

Our clubs library of DVD's and VCR tapes is now indexed with a list. Any of its materials are available for use via Bruce Freeburger. Bruce is also working on a ski trip to Tawas, Grayling, or Cadillac on Feb. 2nd. Choice will be made by those who meet at REI's parking lot at 8 am.

Benefits of Cycling

Bicycling is a part of the solutions to many of our nation's problems: the obesity epidemic, traffic c congestion, air pollution and more. Some 64% of adults and over 15% of kids are overweight today, resulting in 300,000 premature deaths and costing society \$117 billion a year. Over 22% of all motor vehicle trips Americans take are less than one mile long, and 50% of the working population commutes five miles or less to work, an easily rideable distance. If the average person biked to work or shopping once every two weeks instead of driving, we could prevent close to one billion gallons of gasoline from entering the atmosphere every year.

CRR Ride Schedule

Monday No regular rides scheduled thru winter.

Tuesday No regular rides scheduled thru winter.

Wednesday No regular rides scheduled thru winter

9 am Rick & Sue Moorman lead a 30 mile ride from TBD To TBD.
Contact Rick for the weekly particulars.

Thursday No regular rides scheduled thru winter.

Friday No regular rides scheduled thru winter.

Saturday

9 am Stony Creek West Br parking lot. Meet TJ Hill for mountain bike riding, pace of TJ. Call TJ at 586-293-0162.

9 am 8 ½ & Gratiot (Shultz's Funeral Home Parking lot) Meet Jane Bernard or the Mooremans for a 34 mile ride at 14 – 16mph. Goes all winter but weather and road conditions permitting. Breakfast afterwards and 10 minute rest at the mid point.

Sunday

9 am Stony Cr Boat Launch Meet TJ Hill for 50 miles of mostly dirt road riding. With a lunch stop somewhere near the 30 mile mark. Call TJ at 586-293-0162.

Rides – Winter rules apply roads and weather permitting. We would appreciate your opinion and feedback on hotline use/necessity. One suggestion is to go to one line option. Mostly new members and others use was the consensus. Debbie Angst volunteered to update the hotline regularly. Thank you very very much.

More upcoming events -

Bike Feast 1 March 2008 22nd annual 170 Mason St, Dearborn.

Some bicycle shops in our area -

[Fraser Bicycle](#)

34501 Utica Rd, Fraser, MI
(586) 294-4070

[Tim's Bike Shop](#)

33601 Jefferson Ave, St Clair Shores, MI
(586) 293-5823

[Antoon's Bicycles & Snowboards](#)

42918 Schoenherr Rd, Sterling Heights,
(586) 247-9240

[American Cycle & Fitness](#)

20343 Mack Ave, Grosse Pte Woods, MI
(313) 886-1968
&
2169 Metropolitan Pkwy, Sterling Heights, MI
(586) 979-7570

[Anchor Bay Bicycle and Fitness](#)

35214 23 Mile Rd, New Baltimore, MI
(586) 725-2878

[Bike World](#)

35574 23 Mile Rd, New Baltimore, MI
(586) 725-1150

[REI](#)

766 East Big Beaver Rd., Troy, MI
(248) 689-4402

[Stoney Creek Bike & Fitness](#)

58235 Van Dyke Rd, Washington, MI
(586) 781-4451

Many cyclists on the east side have known and rode with Dave Baker. It is with a heavy heart we regret that he passed away February 18th. He lived and rode extremely well. The Wolverine Sports Club has mentioned a memorial ride, to be announced.

Another cyclist supporter passed away in February. Sheldon Brown died February 3rd. He was 63 and had been suffering from progressive multiple sclerosis. The long-time head mechanic, tech guru and webmaster for Harris Cyclery in West Newton, Massachusetts.

Ride of Silence: Wed. May 21st, @ 7:00 PM, 2008

Join cyclist worldwide in honoring fellow cyclists who've been injured or killed, to raise awareness that we have the same rights and that motorists must Share the Road with us. (Rides in the so. hemisphere are scheduled for Sat. May 24th at 10:00 AM, for rider safety and greater visibility to the public and media)

For cyclists everywhere, safety is always an issue. The Tacoma Wheelmen's (www.twbc.org <http://www.twbc.org/> newsletter, The Cog-nitive Courier, recently started a new feature, Safe Psychiling, which is a collection of tips from www.bicyclesafe.com <http://www.bicyclesafe.com>. These tips are clearly written, with great explanations and small graphics as well. They cover many of the common traffic issues and decisions that cyclists face all the time. With a really friendly reprint policy, these would also make a great addition to your own club newsletter. So, the next time you are looking for some safety tips, check out www.bicyclesafe.com



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Defending champion Alberto Contador won't be allowed to race in this year's Tour de France. Neither will his teammates, **Levi Leipheimer** and **Andreas Kloden**, both of who have been podium finishers. Tour owner Amaury Sport Organization declared yesterday that their team, Astana, will not be invited to the Tour or any other ASO events, which include some of the biggest in pro cycling -- Paris-Nice, Paris-Roubaix, Liege-Bastogne-Liege, Fleche Wallonne, Paris-Tours and others. ASO said its decision is based on "damages that this team has done to the Tour de France and to cycling in general." Never mind that compared to last year's scandal-ridden team, Astana is essentially all new for 2008. Said general manager **Johan Bruyneel** after hearing ASO's decision, "We have done everything to change the dynamics of the team. New management, new riders, new philosophy. Only the name of the sponsor remained. . . . We are spending 460,000 euros on internal anti-doping efforts for 2008. What more can we do?" There is bound to be an outcry from throughout cycling in response to ASO's unjust decision, but will it do any good?

Patch This!

Glueless patches have been around for several years. Most believe they're just fine. The hard part is peeling the backing away, especially with cold hands. just wipe the punctured area with a clean rag to remove any tire talc. Remember to clean an area bigger than the patch.

Replace a tube once it has three or four patches. Otherwise, you're playing with house odds. Is the next flat a leaky patch, a new hole, or all of the above? I've seen tubes with more than 15 patches. If you can't count or are unemployed, you can take that route.

Getting itchy for the first long training rides of the season? It's nearly that time. Nutrition is a key to success on any long ride. Early in the ride, eat items high in fat and protein, such as sandwiches made with peanut butter, cream cheese or turkey with cheese. These foods digest and release energy gradually. In mid ride, nibble complex-carbohydrate foods such as fruit, energy bars or cookies. These foods supply energy faster. In the last 75 minutes or so, switch to energy gel. Solid food at this point probably won't digest quickly enough to help you in the final miles. Gel gets into your system right away. Sip sports drink and water throughout the ride to aid digestion and stay hydrated.

Experts agree that just 15 minutes of sun on your arms and legs daily during the summer are enough for sufficient vitamin D production. In the winter, it's recommended that 1,000 IU of vitamin D be taken in supplement form to keep the level in the blood from dipping. Without enough D in your diet, the level can be down significantly by February even though you were in the sun all summer.

Vitamin D regulates calcium transport. Without it, only 10-15% of dietary calcium is absorbed. With it, the efficiency of intestinal calcium absorption increases 30-40%.

By promoting calcium absorption in the intestine, vitamin D ensures sufficient calcium for vital functions and prevents resorption of calcium from bones, which would weaken them. Vitamin D also works in concert with a number of vitamins, minerals and hormones to promote bone mineralization.

Bottom line: Without sufficient vitamin D, bones can become thin, brittle and weak, and you can even lose muscle strength.

Research has found that vitamin D deficiency causes muscle weakness, while performance speed and strength were markedly improved when vitamin D levels in the blood were more than 100 nmol per liter. Recent research suggests that normal levels should be greater than 30 nmol per liter. A blood test will determine your level but it's expensive -- \$250 or

more. You can assume you are low on D in winter and need to supplement.

D tips:

- Eat foods enhanced with calcium and vitamin D. Good sources are milk and other dairy products as well as fortified orange juice.
- Consider a vitamin D supplement, especially in winter when sun rays are insufficient for natural production.
- The recommend intake of D has recently been raised from 400 to 1,000 IU daily, preferably as cholecalciferol.
- Do not exceed 2,000 IU daily unless recommended by your physician.
- For comprehensive information from the National Institutes of Health, click http://ods.od.nih.gov/factsheets/vitaminD_pf.asp
- **Develop a silky pedal stroke!**

Top roadies have a fast, supple pedal stroke. You can spot them from a distance because they're smooth as silk. Headwinds and hills don't change a thing -- they spin and make the effort look almost effortless. Why not improve your pedal stroke for the new season as you improve your fitness? **Pedal slower.** The ultimate goal is to pedal at 90-100 rpm.

Aim for the handlebar. You've probably heard to pull through at the bottom of the stroke.

Descend like a whirlwind. Don't rest downhill, use it to your advantage. **Get feedback.** It's easier to remedy pedaling shortcomings if you or a partner can see yourself in action.

Application Form - Clinton River Riders Bicycle Club

\$12.50 Individual (over 18)

\$15.00 Family

Name _____

Address _____

City _____

State _____ Zip _____

Home Phone (____) _____

email _____

Birthday _____

Additional Family Members

Name	Birthday
_____	_____
_____	_____
_____	_____
_____	_____

New Member Renewal

Yes, please add me to your list of active volunteers who help promote bicycling at the local, state, and federal level. I may be called upon to write a letter or attend a meeting.

Please make check payable and mail to:

Clinton River Riders

35401 Utica Road

Fraser MI 48026

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT ("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in The Clinton River Riders Bicycle Club ("Club") sponsored Bicycling Activities ("Activity"), I for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISK"); (b) these risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at the time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity.

3. HEARBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS the Club, the LAW, their respective administrators, directors, agents, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATION.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE NOT WITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Signature _____ Date _____

Signature _____ Date _____

Signature _____ Date _____

ALL RIDING MEMBERS MUST SIGN